

**Abstract**

Method and device for communicating at least one packet of data with a predetermined packet size over a communication channel from a transmitter to a receiver, the transmitter having a memory for storing a common set of data rates, the  
5 method comprising the steps of fragmenting the at least one packet into a number of frames with a predetermined frame size by the transmitter, automatically selecting a combination of frame size and one of the common set of data rates by the transmitter such that the transmission time of each of the frames is limited to a predefined value, and transmitting each frame over the communication channel by the transmitter.